



# 30<sup>th</sup> MCPM 2026

## MALAYSIAN CONFERENCE OF PSYCHOLOGICAL MEDICINE

### BREAKING BARRIERS BUILDING HOPES

23-25  
OCTOBER  
2026

InterContinental  
Kuala Lumpur

#### PRE-CONFERENCE WORKSHOP

23 OCTOBER 2026 | FRIDAY

##### BALLROOM 1

| START                                                                                                                                                                                                                                                   | END  | TOPIC                                                                                                                                                                                                                                                 |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 0700                                                                                                                                                                                                                                                    | 0830 | Registration                                                                                                                                                                                                                                          |
| 0830                                                                                                                                                                                                                                                    | 1200 | <b>PRE-CONFERENCE WORKSHOP I</b><br><b>Handling Difficult Conversations: Tips For Health Care Professionals</b><br>Dr Johari Khamis (Chairperson)<br>Dr Suhaila Mohd Som<br>Dr Nurat Najmin Khan<br>Dr Ng Boon Seng<br>Dr Farah Nabila Bt Abdul Majid |
| 1400                                                                                                                                                                                                                                                    | 1430 | Registration                                                                                                                                                                                                                                          |
| 1430                                                                                                                                                                                                                                                    | 1830 | <b>PRE-CONFERENCE WORKSHOP II</b><br><b>From Synapses to Clinical Practice: Understanding Neuromodulation Therapies</b><br>Dr Sivenanthini Visvanathan (Chairperson)<br>Dr Kenny Ong Kheng Yee<br>Dr Chhoa Keng Hong<br>Dr Mohamad Iqbal Mohaini      |
| <b>JUNIOR BALLROOM</b>                                                                                                                                                                                                                                  |      |                                                                                                                                                                                                                                                       |
| <b>PRE-CONFERENCE WORKSHOP III</b><br><b>Insomnia Across the Psychiatry Spectrum: Translating Sleep Science into Clinical Practice</b><br>Dr Norni Abdullah (Chairperson)<br>Dr Surina Zaman Huri<br>Prof Dr Nik Ruzanai Nik Jaafar<br>Dr Ng Chong Guan |      |                                                                                                                                                                                                                                                       |

#### CONFERENCE DAY 1 | 24 OCT 2026 | SATURDAY

##### BALLROOM 2 & 3

| START                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | END  | TOPIC                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 0700                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | 0830 | Registration                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
| 0830                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | 0900 | <b>PLENARY 1 / KEYNOTE ADDRESS</b><br><b>Building Hope: Shaping the Future of Mental Health Care</b><br>Dr Ng Chong Guan<br>Chairperson: Dr Ting Joe Hang                                                                                                                                                                                                                                                                                                                                                                                                                          |
| 0900                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | 0945 | <b>OPENING CEREMONY</b><br><b>Masters of Ceremony:</b> • Dr Aliaa Binti Juarez Rizal • Dr Ng Boon Seng<br><b>Bacaan Doa:</b> Dr Muhammad Hanif Abd Latif<br><b>Opening Address:</b> Dr Mohd Fadzli bin Mohamad Isa (President, Malaysian Psychiatric Association)<br><b>Tribute and Remembrance:</b> • Tan Sri Dato' Seri Dr M. Mahadevan • Professor Dato' Dr N. Rajagopal • Professor Dr Marhani Midin • Dr Susan Ong • Dr Haji Mohd Aminuddin bin Mohd Yusof                                                                                                                    |
| <b>PROF M. PARAMESHWARA DEVA EXCELLENCE AWARD</b><br><b>Tribute Narration:</b> • Dr Abdul Rasyid Sulaiman • Dr Aishah Siddiqah Alimuddin • Dr Farah Nabila bt. Abdul Majid<br><b>Masters of Ceremony:</b> • Dr Farah Nabila bt. Abdul Majid • Dr Muhammad Hanif Abd Latif<br><b>Award citation:</b> Dr Abdul Rasyid Sulaiman<br><b>Presentation of the Award:</b> • Dr Mohd Fadzli Bin Mohamad Isa (President, Malaysian Psychiatric Association) • Dr Ng Chong Guan (President-Elect, Malaysian Psychiatric Association)                                                                                                                                                                                                                                                          |      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| 0945                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | 1000 | Tea Break                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
| 1000                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | 1030 | <b>PLENARY 2 (Sponsor: Zuellig Pharma Sdn Bhd)</b><br><b>Breaking the Cycle: Recognising and Managing MDD in Patients with Substance Use Disorder</b><br>Dr Mundasa Windrow<br>Chairperson: Dr Noor Melissa Nor Hadi                                                                                                                                                                                                                                                                                                                                                               |
| 1030                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | 1100 | <b>PLENARY 3 (Sponsor: Servier Malaysia Sdn Bhd)</b><br><b>Uncovering the Hidden Burden: Assessing Anxious Distress in MDD</b><br>Dr Ng Chong Guan<br>Chairperson: Dr Ting Joe Hang                                                                                                                                                                                                                                                                                                                                                                                                |
| 1100                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | 1130 | <b>PLENARY 4 (Sponsor: Marubeni Malaysia Sdn Bhd)</b><br><b>LATUDA in Bipolar Depression: Translating Evidence into Treatment Choices in Clinical Practice</b><br>Dr Lu Tsung Hua<br>Chairperson: Dr Chow Soon Ken                                                                                                                                                                                                                                                                                                                                                                 |
| 1130                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | 1200 | <b>PLENARY 5 (Sponsor: Otsuka Pharmaceuticals (Malaysia) Sdn Bhd)</b><br><b>Leading A New Era in Managing Agitation Associated with Alzheimer's Dementia (AAD)</b><br>Assoc Prof Dr Esther Gunaseli A/P M.Ebenezer<br>Chairperson: Dr Sivenanthini Visvanathan                                                                                                                                                                                                                                                                                                                     |
| 1200                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | 1245 | <b>LUNCH SYMPOSIUM (Sponsor: Mitsubishi Tanabe Pharma Malaysia Sdn Bhd)</b><br><b>Beyond Diagnosis: One Molecule, Multiple Dimensions. "The Transdiagnostic Potential of Cariprazine"</b><br>Prof Dr Jesjeet Singh Gill Jeevanti Singh<br>Chairperson: Dr Chow Soon Ken                                                                                                                                                                                                                                                                                                            |
| 1245                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | 1400 | Lunch                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
| 1400                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | 1530 | <b>BALLROOM 2 &amp; 3</b><br><b>SYMPOSIUM 1</b><br><b>The Silver Tsunami and Geriatric Mental Health in Malaysia: Breaking Barriers, Building Hope</b><br>Chairperson: Dr Aishah Siddiqah Alimuddin<br><b>Breaking the Barrier of Ageism: Finding Meaning and Hope in Later Life</b><br>Dr Bharathi Vengadasalam<br><b>Breaking Barrier in Early Diagnosis of Alzheimer's Disease</b><br>Dr Chan Yee Fai<br><b>The Silver Tsunami: Are We Ready as Psychiatrists?</b><br>Dr Surina Zaman Huri                                                                                      |
| <b>JUNIOR BALLROOM</b><br><b>SYMPOSIUM 2</b><br><b>Breaking Barriers, Building Hopes - The role of Community &amp; Rehabilitation Psychiatry Services</b><br>Chairperson: Dr Siti Hazrah Binti Selamat<br>Co-Chairperson: Dr Firdaus Dato' Abdul Ghani<br><b>Breaking Barriers in Access to Treatment 1 - Community Psychiatry Team</b><br>Dr Vicky Loo Tsui Huel<br><b>Breaking Barriers in Access to Treatment 2 - IMENTARI Malaysia</b><br>Dr Mohd Zulqisti bin Mohd Zulkifli<br><b>Breaking Barriers in Education - PERINITIS Program</b><br>Dr Zury Shahid bin Kadir<br><b>Breaking Barriers in Employment - RESTART Program</b><br>Dr Muhammad Adib bin Baharom                                                                                                              |      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| <b>BALLROOM 1</b><br><b>SYMPOSIUM 3</b><br><b>Psychiatry in the Digital Era: Elevating Care &amp; Training Through AI and Digital Innovation</b><br>Chairperson: Dr Yuen Wai Chong<br><b>FlexMinda &amp; Psych Ease: Augmenting Psychiatric Care with an AI-Powered Mobile Platform</b><br>Assoc Prof Dr Nur Faizah Ali & Dr Mohd Zuhairi Zainuddin<br><b>FlexMinda: Beyond Innovation: Evidence, Validation, and Sustainable Funding</b><br>Assoc Prof Dr Salina Mohamed<br><b>V-PROB - Web-Based Interventions in Psychiatry: Expanding Access to Mental Health Care &amp; Empowerment</b><br>Prof Dr Salmi Razali & Dr Nor Hidayah Jaris<br><b>Transforming Learning and Mental Health Interventions Through MOOCs and Virtual Reality</b><br>Assoc Prof Dr Nurul Azreen Hashim |      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| 1530                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | 1700 | <b>JUNIOR BALLROOM</b><br><b>SYMPOSIUM 4</b><br><b>The Medical Student Journey: Mind, Motivation and Meaning</b><br>Chairperson: Dr Farah Nabila bt Abdul Majid<br><b>Beyond Knowledge: Metacognitive Awareness and Academic Achievement among Medical Students</b><br>Dr Abdul Rasyid Sulaiman<br><b>Understanding success: How Academic Self Concept and Metacognitive Awareness Shape Medical Student Achievement</b><br>Dr Shane Varman A/L Pannir Selvam<br><b>Faith as a Source of Resilience: Religious Coping in Medical Students</b><br>Dr Tesini A/P Paramannantha Veloo |
| <b>BALLROOM 1</b><br><b>SYMPOSIUM 5</b><br><b>The Architecture of Recovery: Dismantling Therapeutic Asymmetry and Rewiring Neurocircuitry in Addiction Psychiatry</b><br>Chairperson: Dr Muhammad Arif Mohamad Rasat<br>Co-Chairperson: Dr Mohd Fadzli Bin Mohamad Isa<br><b>The Same Patient, A Different Standard: Stigma in Addiction Psychiatry</b><br>Dr Mohd Hazreen bin Abdul Rashid<br><b>Breaking Barriers: Relapse Prevention in Addiction Recovery</b><br>Dr Sia Siaw Khing<br><b>Dopamine Detours: Rocking the Rhythm and Rewiring the Brain via Exercise and Music in Addiction Psychiatry</b><br>Dr Amir Zulhilm bin Yahaya                                                                                                                                          |      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| <b>BALLROOM 2 &amp; 3</b><br><b>SYMPOSIUM 6</b><br><b>Interpersonal Psychotherapy with Cultural Adaptations for Confictual Couples Relationships</b><br>Chairperson: Dr Ng Boon Seng<br><b>Interpersonal Psychotherapy (IPT) with Cultural Adaptations for Confictual Couple Relationships</b><br>Dr Xavier Vincent Pereira<br><b>When Love Speaks Different Languages: IPT in Neurodiverse Relationships</b><br>Dr Umi Adzlin<br><b>Interpersonal Psychotherapy in Marital Conflict: Breaking the Negative Loop</b><br>Dr Stephanie Ong Boon Kheng<br><b>When Silence Becomes Conflict: Interpersonal Psychotherapy for Marital Interpersonal Dispute</b><br>Dr Farah Deena Abdul Samad                                                                                           |      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| 1730                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | 1900 | <b>23<sup>rd</sup> BIENNIAL GENERAL MEETING</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |

#### CONFERENCE DAY 2 | 25 OCT 2026 | SUNDAY

##### BALLROOM 2 & 3

| START                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | END  | TOPIC                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
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| 0730                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | 0830 | Registration                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
| 0800                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | 0915 | <b>JUNIOR BALLROOM</b><br><b>E-POSTER PRESENTATION</b><br>Chairpersons: Dr Ling Shiao Ling and Dr Yuen Wai Chong<br>Judges: Prof Normala Ibrahim and Prof Nik Ruzanai Nik Jaafar                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
| 0900                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | 0930 | <b>PLENARY 6 (Sponsor: Luye Pharma (Malaysia) Sdn Bhd)</b><br><b>A Lifetime of Women: The Art of Versatility</b><br>Dr Umi Adzlin Silim<br>Chairperson: Dr Noor Melissa Nor Hadi                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
| 0930                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | 1000 | <b>PLENARY 7 (Sponsor: DKSH Malaysia Sdn Bhd)</b><br><b>Individualising Antidepressant Therapy: Where Does Mirtazapine Fit?</b><br>Prof Dr Ahmad Hatim Sulaiman<br>Chairperson: Dr Johari Khamis                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
| 1000                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | 1030 | Tea Break                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
| 1030                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | 1200 | <b>JUNIOR BALLROOM</b><br><b>SYMPOSIUM 7</b><br><b>Psychiatrist with Faith: Religiosity &amp; Psychospirituality in a Multireligious and Multicultural Community</b><br>Chairpersons: Dr Ahmad Rostam Md Zain<br>Dr Ling Shiao Ling<br><b>Cognitive Dissonance in the Pew: Navigating the Clash Between Personal Theology and Clinical Reality in Christianity</b><br>Dr Vicky Loo<br><b>Healing the Fractured Ego: Advaita Vedanta (Non Dualism) and Existential Distress</b><br>Dr Subhitan Balakrishnan<br><b>Integrated Islamic Psychospiritual Intervention for High-Risk Sexual Behavior</b><br>Dr Radhiatul Akmal Razali<br><b>Ancient Wisdom, Modern Healing: Mental Health Through the Lens of Buddhist Psychiatrist</b><br>Dr See Tongg Lei |
| <b>BALLROOM 1</b><br><b>SYMPOSIUM 8</b><br><b>Reframing Suicide Postvention for Psychiatrists: From Prediction to Compassionate Containment</b><br>Chairperson: Dr Aliaa Binti Juarez Rizal<br><b>Core Truths About Suicide: From Prediction and Blame to Compassionate Understanding</b><br>Dr Rachel Gibbons<br><b>Developing a National Online Suicide Postvention Balint Group for Psychiatrists in Malaysia: A NADIM Initiative</b><br>Dr Nur Iwana Abdul Taib<br><b>Feasibility of a Postvention Framework for Psychiatrists After Patient Suicide: Early Insights from Malaysia</b><br>Dr Muhammad Hanif Abd Latif                                                                                          |      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
| <b>BALLROOM 2 &amp; 3</b><br><b>SYMPOSIUM 9</b><br><b>Women at the Edge: Forensic Perspectives on Female-Perpetrated Homicide &amp; Infanticide</b><br>Chairperson: Prof Normala Ibrahim<br><b>Invisible Profiles: The Overlooked Demographics of Mentally Ill Women in the Justice System</b><br>Dr Muhammad Farhan Fitri Bin Jacob<br><b>Cloak of Silence: Women Who Kill</b><br>Dr Chua Sze Hung<br><b>Silent Tragedies: Socioeconomic Roots of Infanticide in Malaysia</b><br>Prof Dr Salmi binti Razali                                                                                                                                                                                                       |      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
| 1200                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | 1230 | <b>LUNCH SYMPOSIUM (Sponsor: INVO ASIA Distribution Sdn Bhd)</b><br><b>Clinical Effectiveness of Standardized Saffron Extract Versus Methylphenidate in Children and Adolescents with ADHD</b><br>Dr Hilario Blasco-Fontecilla<br>Chairperson: Dr Firdaus Dato' Abdul Ghani                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
| 1230                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | 1400 | Lunch                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
| 1400                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | 1530 | <b>BALLROOM 2 &amp; 3</b><br><b>SYMPOSIUM 10</b><br><b>Narcissism or Autism? When Psychotherapy Helps and When It Harms</b><br>Chairperson: Prof Dr Nik Ruzanai Nik Jaafar<br><b>Narcissism or Autism or Both? The Power and Peril of Naming</b><br>Assoc Prof Dr Chong Seng Choi<br><b>Same Process, Different Perspectives: ACT Focused Psychological Flexibility for Autism and Narcissism</b><br>Dr Marina binti Abd Rahman Sabri<br><b>The Self as a System: Rethinking Autism and Narcissism through Family Therapy</b><br>Assoc Prof Dr Ruziana Masiran                                                                                                                                                                                        |
| <b>BALLROOM 1</b><br><b>SYMPOSIUM 11</b><br><b>Behind Closed Doors: Sexual Distress and Mental Health in Men and Women</b><br>Chairperson: Dr Aishah Siddiqah Alimuddin<br><b>Understanding Sexual Distress: Culture, Development, and the Stories Patients Never Tell</b><br>Dr Maryam Amaran<br><b>Ten Years of Practice-Based Insights from a Specialist Clinic: Psychological Profiles, Treatment Trajectories, and Lessons Learned in Vaginismus Management</b><br>Dr Umi Adzlin Silim<br><b>When Desire Fails: Men, Shame, and the Silent Struggle for Intimacy</b><br>Dr Ahmad Faizal Shamsuddin                                                                                                            |      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
| <b>JUNIOR BALLROOM</b><br><b>SYMPOSIUM 12</b><br><b>Local Communities, Global Minds: Advancing Community Mental Health in Southeast Asia</b><br>Chairperson: Dr Iwana Abdul Taib (Malaysia)<br><b>Continuity Beyond Crisis: A Case-Based Journey Through Community Psychiatry for High-Risk Mental Illness</b><br>Dr Pongsakorn Lengdee (Thailand)<br><b>Assertive Community Treatment in Malag, Indonesia: Principles, Practice, and a One-Year Implementation Report on Community Mental Health Empowerment</b><br>Dr Kresna Septiandy (Indonesia)<br><b>Building a Safer Ward, Building a Stronger Community: Lessons from a District Psychiatry Transformation in Malaysia</b><br>Dr Tow Zhen Jlang (Malaysia) |      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
| 1530                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | 1700 | <b>CONFERENCE REVIEW AND CLOSING CEREMONY</b><br><b>Masters of Ceremony:</b> Dr Ling Shiao Ling and Dr Yuen Wai Chong<br>• Address by the incoming ECP Chair: <i>The Future of Early Career Psychiatrists</i><br>• Address by the incoming MPA President-Elect: <i>The Direction of Psychiatry in Malaysia: A Four-Year Vision</i><br><b>E-POSTER AWARD CEREMONY</b><br><b>Closing Remarks:</b> Dr Ng Chong Guan                                                                                                                                                                                                                                                                                                                                      |

Access to 30th MCPM 2026  
Conference Website



#### OUR VALUED INDUSTRY PARTNERS

